

COR 101 Learning Goals and Objectives

COR 101 – The Cortland Experience, a one-credit seminar designed to facilitate the intellectual and social integration of first-time college students into the academic community at SUNY Cortland.

Goals

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Objectives

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Outcomes

Understand and negotiate the transition to college

(Transitions)

Students are meeting this goal if they can:

- explain the purpose of a college education
- analyze the difference between high school and college
- communicate their goals on why they chose to attend SUNY Cortland
- discuss (orally or in writing) their experience, hopes, and concerns about their transition into college
- balance curricular and co-curricular experiences
- balance expectations from home, family and friends with academic expectations

Learn about SUNY Cortland, policies and procedures

(Orientation to Cortland)

Students are meeting this goal if they can:

- learn about Cortland's culture, traditions, community and events
- understand the profile of our students
- demonstrate their ability to navigate the Cortland website
- explain the purpose of COR 101
- understand critical policies and procedures
- determine the appropriate clubs and organizations to join
- attend campus sponsored events
- demonstrate their ability to navigate the physical campus
- demonstrate the ability to utilize myRedDragon – the campus portal

Develop critical thinking and responsible decision-making skills

(Personal Wellness)

Students are meeting this goal if they can:

- explore interests and develop personal goals
- promote active reading and writing
- articulate their values
- engage classmates, instructor and teaching assistants
- build relationships and know how to define both positive and negative relationships
- assess lifestyle and habits
- develop a plan for staying healthy throughout the semester
- understand health; nutrition; drugs, alcohol, and sexual activity choices
- debate a particular point of view

COR 101 Learning Goals and Objectives

Understand and value new viewpoints

(Diversity, Equity, Inclusion)

Students are meeting this goal if they can:

- reflect on their own background and individuality as well as any differences that they have experienced on campus
- develop an understanding of multiculturalism as a personal and intellectual issue
- explore definitions and dimensions of diversity, equity and inclusion in society and on campus
- develop an awareness and appreciation of many viewpoints
- communicate their opinion/values in a respectful manners to others
- make efforts to attend classes or events which will educate them about new view points

Utilize academic and campus resources

(Academic Success)

Students are meeting this goal if they can:

- determine when they need to utilize academic resources such as an academic advisor or tutor
- understand academic planning and decision-making (which includes academic requirements, processes and deadlines)
- prepare a list of potential classes to discuss with academic advisor
- understand how their career paths relate to academics
- determine their learning style and explain why it is important to understand their learning style
- an idea where to go to receive help or be referred to resources
- navigate the college website effectively